

PHOSPHATE (AS PHOS) TEST

DESCRIPTION

Phosphate is a charged ion in the blood that contains phosphorus, which is critical for building and repairing bones and teeth, helping nerves function, and making muscles contract. It works closely with calcium in the body and most phosphorus (85%) is stored in the bones. The kidneys filter extra phosphate out of the body and it is then eliminated in urine. The parathyroid gland controls the level of phosphate and calcium in the body, but several diseases or infections could disrupt the relationship between phosphorus and calcium.

WHY DO I NEED THIS TEST?

Any of these symptoms could be present if calcium and phosphorus levels are out of balance. If there is not enough phosphorus in the body due to malnutrition, malabsorption due to gastrointestinal problems, or a problem with the parathyroid gland, the levels of calcium will rise causing muscle cramps, weakness or other bone problems. Extremely high levels of phosphate can lead to organ damage due to deposits of calcium in organ tissue (calcification). Overconsumption of phosphate may be caused by taking excessive supplements or consuming prepackaged foods that contain large amounts of phosphate. Children tend to have higher levels of phosphate in their blood because their bones are actively growing.

Unusual test results should be followed up with blood tests for calcium levels, parathyroid function, other electrolytes (Sodium, Chloride, Magnesium and Potassium) and possibly a Creatinine test or BUN (blood urea nitrogen) test to check kidney function.

HOW LONG WILL IT TAKE TO GET MY LAB TEST RESULTS?

Test results generally take between 24 to 72 business hours after your specimen is collected.

AM I REQUIRED TO FAST FOR THIS LAB TEST?

No. You are not required to fast for this test.

WRITTEN BY:

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Ekan Essien, MD, MPH, a native Georgian, received his BA from Duke University. Dr. Essien continued his education at Florida A&M University where he received his Masters of Public Health in Epidemiology; received his medical degree from Meharry Medical College in Nashville, Tennessee; and obtained training in general and trauma surgery at Grady Memorial Hospital at Morehouse School of Medicine. He is a candidate in the post graduate fellowship in anti-aging and regenerative medicine from the American Academy of Anti-Aging Medicine.

FOR MORE INFORMATION OR TO SCHEDULE YOUR TEST TODAY CALL 1.800.384.4567

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